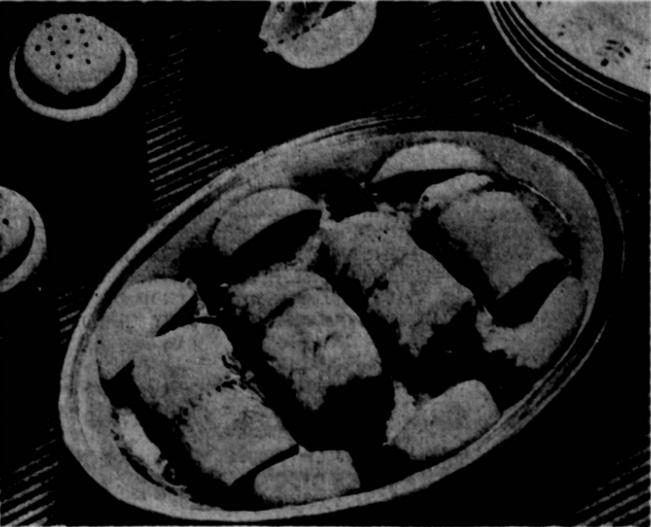


MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



LEMEN JUICE in melted butter adds zip to this easy-do casserole, Mushroom-Stuffed Fish Fillets. Lemon is a favorite partner of fish.

A Savory Stuffing Enhances

The flatfish sole was so named because it resembles the sole of a foot. But there's nothing "flat" about Mushroom-Stuffed Sole Fillets—unless you consider that this dish can be prepared in "nothing flat."

The savory stuffing is mushroom, egg, cheese and seasoning, rolled up in each flaky fillet. Fresh lemon juice in melted butter is poured over the fillets before baking.

MUSHROOM-STUFFED FISH FILLETS WITH LEMON BUTTER

- 1 lb. fresh or frozen sole fillets
- 2 tbs. chopped parsley
- 1 3-oz. can chopped broiled mushrooms, drained
- 1 hard cooked egg, chopped
- Grated peel 1 California lemon
- 1 tsp. frozen or freeze-dried chopped chives
- 1/4 tsp. salt
- Dash seasoned pepper
- 2 tbs. Parmesan cheese
- 1/2 cup melted butter or margarine
- 3 tbs. fresh lemon juice
- 1 tsp. Worcestershire sauce
- Lemon quarters

Thaw frozen fillets as directed on package and carefully separate. Combine parsley, mushrooms, egg, lemon peel and chives. Add salt, pepper and cheese, mixing lightly with fork. Spread onto fillets and roll up from small end, securing with wooden picks. Put in shallow baking dish. Combine butter, lemon juice and Worcestershire; pour over fillets. Bake at 375 degrees, 25 to 30 minutes. Serve with additional melted butter if desired. Garnish with lemon quarters.

LEMON BASKETS

Make lemon baskets for serving with meat, fish, or poultry. For handle, make two cuts at stem end of lemon, about 1/4-inch apart, through to center of lemon. Then make a horizontal cut just to the strip or handle on each side of the lemon. Remove side pieces and lemon pulp "meat" from handle. Scallop edges if desired. Garnish baskets with parsley or watercress. Serve with meat, fish or poultry.



**TOPS IN QUALITY!
LOW IN PRICE**



Free Booklet Offered

Receiving the first copy of the new Kold Kist Recipe Book just off the press is Los Angeles homemaker, Mrs. Robert Simmons. Making the presentation is Miss Merrie Ann Jarvis, vice president of Kold Kist. Booklet, full of imaginative ideas on the preparation of precooked frozen foods, is free to readers by writing Box LAS, Kold Kist, Inc., 5329 E. Washington Blvd., Los Angeles 22.

WEIGHT GAIN TIPS LISTED HERE

Not all persons worry about losing weight. Quite the contrary — many have trouble just maintaining their present weight. For the seriously underweight person, like the truly overweight, a trip to the doctor is in order.

To add pounds, you might drink whole milk or fruit juice when you're thirsty.

Keep snack foods around for nibbling — peanuts, ba-

nanas, sweet rolls, potato chips and creamy dips, cheese and crackers.

Get into the bedtime snack habit. Polish off the last of the fried chicken or have a glass of milk and cookies or graham crackers.

If possible, keep a peanut butter sandwich tucked in a desk drawer for a tasty nutritious snack with early morning coffee. In the afternoon have a "milkshake" break.



In crab sandwiches, the difference is Deming's.



Now see what a dollar and a Deming's label will buy.

Enjoy the sea-fresh flavor of Deming's Alaska King Crabmeat and take advantage of this terrific value! Just print your name and address on back of label, send with \$1.00 to DEMING'S, P.O. Box 1765, Seattle, Washington 98111. You'll receive this lovely pearl pendant—a beautiful, genuine, cultured pearl set in a Florentine-finish electroplated mounting with matching 15-inch chain. Void where taxed, restricted or prohibited by law.

*From can of Deming's King Crabmeat, Deming's Recipe Pink Salmon, Numpy Dumpty Salmon. (Or scallops.)

Chops Are Tops on the Menu

Caloried though they be, there's nothing like pork chops! Whether they are baked, pan-fried, or stuffed, they usually rate high on the menu.

Here are two different ways to prepare the chops.

PORK CHOPS AND SCALLOPED POTATOES

- 4 pork chops (1/2 inch thick)
- 4 medium boiling potatoes (4 cups sliced)
- 2 tbs. flour
- 2 tsp. salt
- 1/4 tsp. pepper
- 2 cups milk
- 1 tbs. butter or margarine

Brown pork chops in skillet and season. Pare potatoes and slice thin. Combine flour, salt and pepper. Alternate layers of potatoes and flour mixture in a buttered 1 1/2-quart baking dish. Dot with butter and pour milk over all. Top with pork chops. Cover and bake at 375 degrees for 45 minutes. Uncover and bake about 15 minutes or until potatoes are browned.

SAUCY PORK CHOPS

- 4 loin pork chops (1 inch thick)
- Salt
- Pepper
- Flour
- 3 tbs. chopped onion
- 2 tbs. chopped green pepper
- 1/2 cup pineapple juice
- 1/2 cup catsup
- 5 drops tabasco sauce

Season and flour pork chops. Brown in a heavy skillet. Add onion and green pepper. Combine pineapple juice, catsup, and tabasco sauce. Pour over chops. Cover and cook slowly about 1 hour or until chops are thoroughly done.

Diced avocado and Muenster cheese and a sprinkling of oregano give new flavor to tossed green salads.

Go Light on Cooking Time With Chinese Food Sona Announces New Size Bottle

Like Chinese food? Most people do. The secret, of course, is to be sure that the fruits and vegetables are cooked just through (not overcooked). In this way they retain their identity and their crispness.

There is one other secret of Chinese cookery—be sure that the ingredients are sliced thinly.

CANTONESE CASSEROLE

- 1 lb. lean pork shoulder, cut in cubes
- 1 tsp. seasoned salt
- 1 cup thinly sliced celery
- 1 cup thinly sliced onions

- 2 medium tomatoes, peeled and cut in 1-inch chunks
- 1 cup fresh pineapple tidbits
- 3 tbs. cornstarch
- 1/2 cup water
- 4 drops red food coloring
- 1 6-oz. bottle Hawaiian dressing

Fry pork in seasoned salt in skillet until lightly browned. Cover, cook over low heat about 1 hour. Add celery and onions. Do not stir. Cover and simmer 10 minutes. Add tomatoes and pineapple; cover and simmer

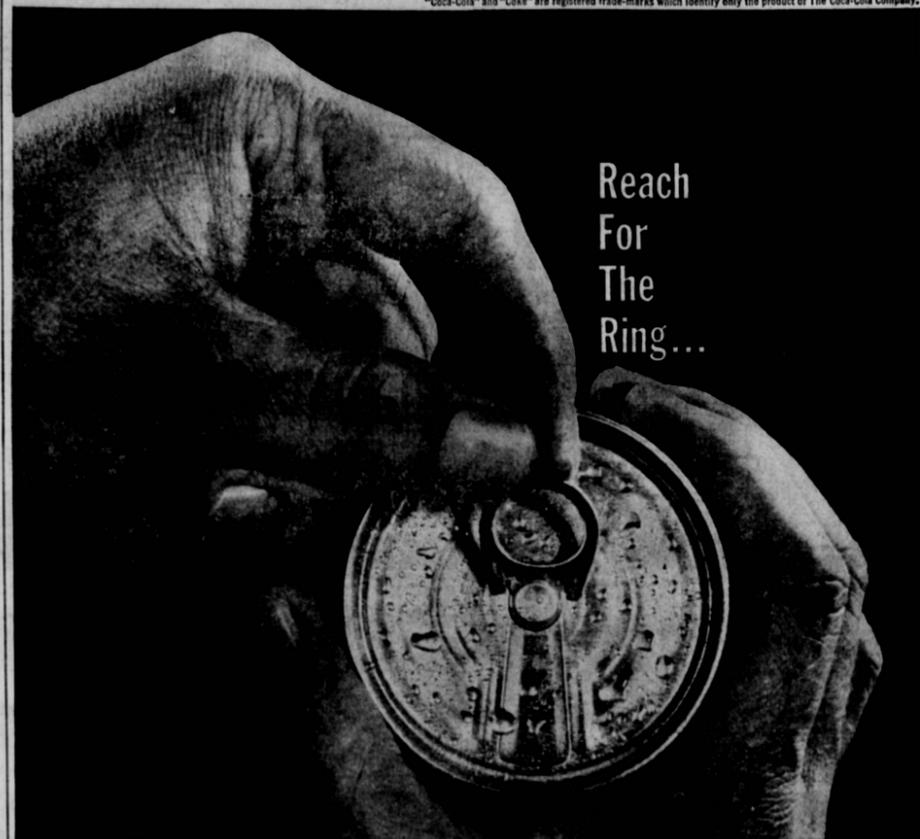
10 more minutes. Mix cornstarch with water and food coloring. Add cornstarch mixture and Hawaiian dressing to skillet.

Stir until sauce thickens, about 10 minutes. Makes 4 to 6 servings.

QUICK BREADS

Ever wonder just what the term "quick" breads means? Quick breads are those leavened by so-called quick-acting leavening like baking powder or soda. Loaf breads, biscuits, muffins, pancakes and dumplings are all quick breads.

Sona Food Products Company, known widely in the Western States for their Sona Soy Sauce packaged in a 16-oz. "pagoda shaped" bottle, has come up with still another innovation—a 6 ounce size container which is a smaller imitation of the original familiar bottle. Sona President Nat Ross indicated that the 6-ounce Sona Soy Sauce will be available to food markets throughout Southern California immediately.



Reach For The Ring...

New Lift Tops On Cans For Coca-Cola...

Easiest Opening Can of All...



With The Unmistakable Taste of Coke!

Coca-Cola was the first soft drink in Lift Top cans. And for 1965 we've made some improvements you can put your finger on. Or rather through. Now there's a ring on top that's flexible for better leverage and a firmer grasp. Hook your finger through it, pull, and you're ready to enjoy the crisp, bold taste of ice-cold Coke... with its lift to your spirits and boost to your energy. Anytime. Anywhere.

So reach for the ring. Buy Coca-Cola in new, improved Lift Top cans with the ring on top. It's the easiest-to-open can ever! Pick up several cartons... today!



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